

Resources for Alcohol Use

<p style="text-align: center;">ONLINE RESOURCES</p> <p>Evaluate your drinking online</p> <ul style="list-style-type: none">• http://camh.alcoholhelpcenter.net/ <p>Saying When: How to quit drinking or cut down</p> <ul style="list-style-type: none">• Downloadable app from iTunes that provides step-by-step directions that can help you cut down or stop drinking	<p style="text-align: center;">ACCESSING PROGRAMS & GROUPS</p> <p>CENTRE FOR ADDICTION AND MENTAL HEALTH (CAMH)</p> <p>Call Access CAMH at (416) 535-8501 and select option 2 for the centralized intake service and information about accessing CAMH services.</p> <p>ALCOHOLICS ANONYMOUS (AA)</p> <p>http://www.aa.org/</p>
<p style="text-align: center;">HELPLINES</p> <p>CONNEX ONTARIO DRUG & ALCOHOL HELPLINE</p> <p><i>Province-wide information & referral</i></p> <p>1-800-565-8603</p> <p>www.drugandalcoholhelpline.ca</p> <p>TORONTO DISTRESS CENTRES</p> <p>416-408-4357 or 408-HELP</p>	<p style="text-align: center;">EMERGENCY SERVICES</p> <p style="text-align: center;"><i>If you're in crisis...</i></p> <p><i>In addition to visiting your local emergency department or calling 911, you can access the following resources for emergency services:</i></p> <p>CENTRE FOR ADDICTION AND MENTAL HEALTH (CAMH)</p> <p>24/7 Psychiatric Emergency Department</p> <p>250 College St, Toronto, ON</p> <p>416-979-6885</p> <p>GERSTEIN CRISIS CENTRE</p> <p>416-929-5200</p> <p>CRISIS ADDICTION SERVICES</p> <p>Toronto Withdrawal Management System</p> <p>1-866-366-9513</p> <p>TELEHEALTH ONTARIO</p> <p>1-866-797-0000</p>

CONTACT US

For questions regarding the research study and the resources in this brochure:

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For more online resources regarding alcohol use and other mental health resources visit: www.camh.ca

